

# Finding Healthy Fats

What kind should I  
eat?

Adapted from the Weigh to Live Program  
Darnall Army Community Hospital  
Fort Hood, Texas

# Fat Can...

- Increase Blood Cholesterol
  - Saturated Fat
  - Dietary Cholesterol
  - Trans Fatty Acids (Hydrogenated Fats)
- Decrease Blood Cholesterol
  - Monounsaturated
  - Polyunsaturated

# Saturated Fat

- Solid at room temperature
- Raises LDL (bad cholesterol) more than anything else
- Foods with saturated fat include butter, whole milk, meat fat, poultry fat and skin, coconut oil, palm oil



# Dietary Cholesterol

- Foods with cholesterol
  - Come from animals (the liver makes cholesterol)
  - Meat, whole milk, dairy, egg yolk
- Has only small effect on blood cholesterol
  - 10-20% from food
  - 80-90% from your liver



# ***Trans* Fatty Acids**

---

- Listed on ingredient label
- Made by processing a liquid fat to make it a hardened fat
- Examples of foods with *trans* fatty acids
  - Shortening, snacks, stick margarine, desserts

# Unsaturated Fat

- Liquid at room temp
- Will lower LDL (bad cholesterol)
- Types
  - Polyunsaturated fat: Decreases HDL (good cholesterol) in the blood
  - Monounsaturated fat: no effect on HDL



# Polyunsaturated Fats

- Corn, Safflower, Sunflower Oil
- High in omega-3 fatty acids
  - Fatty Fish
  - Flaxseed
    - Grind before usir
    - Refrigerate
  - Walnuts

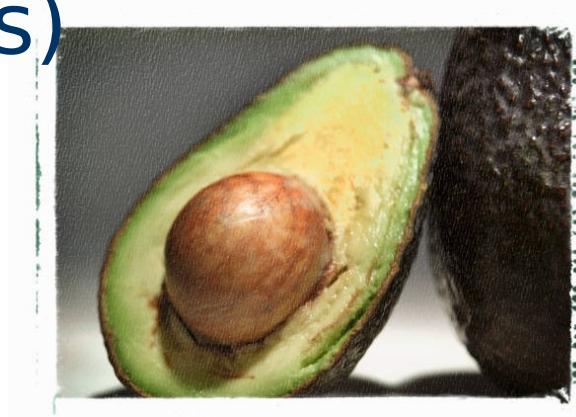


# Monounsaturated Fats



Canola Oil  
(the yellow fields)

Olive Oil



Avocados

# Directions for Label Reading

Look at the highlighted items on the sample labels.

- Combine the grams (g) of saturated fat and *trans* fat and look for the lowest combined amount.
- Also, look for the lowest percent (%) Daily Value for cholesterol.
- Check all three nutrients to make the best choice for a healthful diet.

# Compare Spreads!

## Keep an eye on Saturated Fat, *Trans* Fat and Cholesterol

Butter	Margarine, stick	Margarine, tub																																							
<p><b>Nutrition Facts</b></p> <p>Serving Size 1 Tbsp (14g) Servings Per Container 32</p> <table border="1"> <tr> <td>Amount Per Serving</td> </tr> <tr> <td>Calories 100</td> <td>Calories from Fat 100</td> </tr> <tr> <td colspan="2">% Daily Value*</td> </tr> <tr> <td>Total Fat 11g</td> <td>17%</td> </tr> <tr> <td>Saturated Fat 7g</td> <td>35%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 30mg</td> <td>10%</td> </tr> </table> <p><b>Combined Amt.: 7g</b></p> <p><b>Cholesterol: 10 % DV</b></p>	Amount Per Serving	Calories 100	Calories from Fat 100	% Daily Value*		Total Fat 11g	17%	Saturated Fat 7g	35%	Trans Fat 0g		Cholesterol 30mg	10%	<p><b>Nutrition Facts</b></p> <p>Serving Size 1 Tbsp (14g) Servings Per Container 32</p> <table border="1"> <tr> <td>Amount Per Serving</td> </tr> <tr> <td>Calories 100</td> <td>Calories from Fat 100</td> </tr> <tr> <td colspan="2">% Daily Value*</td> </tr> <tr> <td>Total Fat 11g</td> <td>17%</td> </tr> <tr> <td>Saturated Fat 2g</td> <td>10%</td> </tr> <tr> <td>Trans Fat 3g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> </table> <p><b>Combined Amt.: 5g</b></p> <p><b>Cholesterol: 0 % DV</b></p>	Amount Per Serving	Calories 100	Calories from Fat 100	% Daily Value*		Total Fat 11g	17%	Saturated Fat 2g	10%	Trans Fat 3g		Cholesterol 0mg	0%	<p><b>Nutrition Facts</b></p> <p>Serving Size 1 Tbsp (14g) Servings Per Container 32</p> <table border="1"> <tr> <td>Amount Per Serving</td> </tr> <tr> <td>Calories 60</td> <td>Calories from Fat 60</td> </tr> <tr> <td colspan="2">% Daily Value*</td> </tr> <tr> <td>Total Fat 7g</td> <td>11%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td>5%</td> </tr> <tr> <td>Trans Fat 0.5g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> </table> <p><b>Combined Amt.: 1.5g</b></p> <p><b>Cholesterol: 0 % DV</b></p>	Amount Per Serving	Calories 60	Calories from Fat 60	% Daily Value*		Total Fat 7g	11%	Saturated Fat 1g	5%	Trans Fat 0.5g		Cholesterol 0mg	0%
Amount Per Serving																																									
Calories 100	Calories from Fat 100																																								
% Daily Value*																																									
Total Fat 11g	17%																																								
Saturated Fat 7g	35%																																								
Trans Fat 0g																																									
Cholesterol 30mg	10%																																								
Amount Per Serving																																									
Calories 100	Calories from Fat 100																																								
% Daily Value*																																									
Total Fat 11g	17%																																								
Saturated Fat 2g	10%																																								
Trans Fat 3g																																									
Cholesterol 0mg	0%																																								
Amount Per Serving																																									
Calories 60	Calories from Fat 60																																								
% Daily Value*																																									
Total Fat 7g	11%																																								
Saturated Fat 1g	5%																																								
Trans Fat 0.5g																																									
Cholesterol 0mg	0%																																								

# Compare Desserts!

Keep an eye on Saturated Fat, *Trans* Fat and Cholesterol

Granola Bar	Sandwich Cookies	Cake, Iced and Filled
<b>Nutrition Facts</b> Serving Size 1 bar (33g) Servings Per Container 10  Amount Per Serving Calories 140 Calories from Fat 45  1g + 0g  Combined Amt.: 1g  Cholesterol: 0 % DV	<b>Nutrition Facts</b> Serving Size 2 cookies (28g) Servings Per Container 19  Amount Per Serving Calories 130 Calories from Fat 45  1g + 1.5g  Combined Amt.: 2.5g  Cholesterol: 0 % DV	<b>Nutrition Facts</b> Serving Size 2 cakes (66g) Servings Per Container 6  Amount Per Serving Calories 280 Calories from Fat 140  4.5g + 4.5g  Combined Amt.: 8g  Cholesterol: 3 % DV

# Compare Snacks!

Keep an eye on Saturated Fat, *Trans* Fat and Cholesterol

Frozen Potatoes (e.g. French Fries)	Potato Chips	Min-Sandwich Crackers
<b>Nutrition Facts</b> Serving Size 3oz (84g/ about 12 pieces) Servings Per Container 11  Amount Per Serving Calories 160 Calories from Fat 50  Total Fat 6g 9% Saturated Fat 1g 5% Trans Fat 1.5g Cholesterol 0mg 0%  <b>Combined Amt.:</b> <b>2.5g</b>  <b>Cholesterol: 0 %</b> <b>DV</b>	<b>Nutrition Facts</b> Serving Size 1oz (28g/ about 20 chips) Servings Per Container 12  Amount Per Serving Calories 150 Calories from Fat 90  Total Fat 10g 15% Saturated Fat 2g 10% Trans Fat 0g Cholesterol 0mg 0%  <b>Combined Amt.:</b> <b>2g</b>  <b>Cholesterol: 0 %</b> <b>DV</b>	<b>Nutrition Facts</b> Serving Size 14 pieces (31g) Servings Per Container 10  Amount Per Serving Calories 160 Calories from Fat 70  Total Fat 8g 12% Saturated Fat 2g 10% Trans Fat 2g Cholesterol < 5mg 1%  <b>Combined Amt.:</b> <b>4g</b>  <b>Cholesterol: 1 %</b> <b>DV</b>

# Practical Tips

To Reduce  
Saturated Fat, *Trans*  
Fat, and Cholesterol

# Check the Nutrition Facts Panel

- Choose products with low or no saturated fat and *trans* fat
- Use the quick guide to % DV for sat. fat & cholesterol:
  - **5% or less is low**
  - **20% or more is high**

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Sample Label for Macaroni and Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	% Daily Value*
Calories 250	Calories from Fat 110
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	Calories: 2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick Guide to % DV

5% or less is low  
20% or more is high

# Choose Alternative Fats



- Replace saturated and *trans* fats in diet with poly- and monounsaturated fats

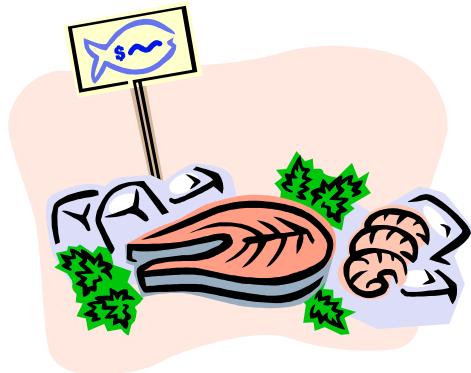


# Choose vegetable oils and soft margarines

- Except coconut and palm kernel oils
- Soft margarines are liquid, tub or spray
- These have less saturated fat, trans fat and cholesterol



# Consider Fish



- Most fish are lower in saturated fat than meat
- Some contain omega-3 fatty acids
  - Mackerel, sardines, salmon

# Choose Lean Meats



- Poultry
  - Without skin
  - Not fried
- Lean Beef and Pork
  - Trim visible fat
  - Not fried

# Ask Before You Order When Eating Out

- Ask which fats are used in preparation
- Ask for dressings and condiments on the side
  - Helps control the amount added to the food



# Watch Calories

Nutrient	Calories per Gram
Fat	9
Carbohydrates	4
Protein	4

60-70 grams of fat per day fits American Heart Association guidelines for average adult.